



MR. SHU CROWNED

Tavio Hobson was crowned the 2007 Mr. SHU last Wednesday in front of peers.
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SKIT NIGHT KICKS OFF

Springfest week is here and Skit Night was just the beginning of the festivities.
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April 26, 2007
Volume 25 Issue 22

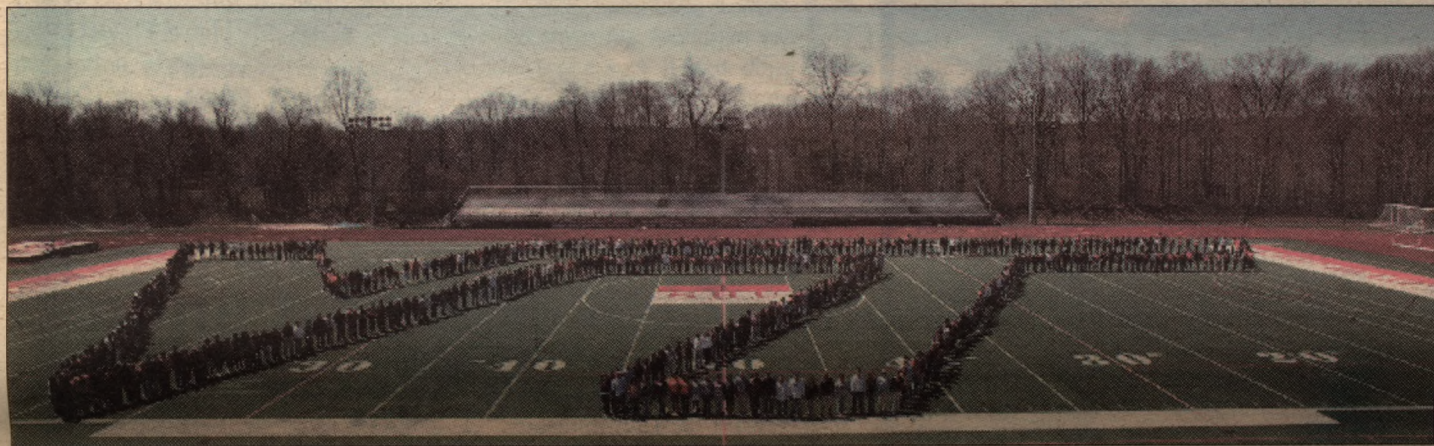
The SPECTRUM

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The Virginia Tech tragedy aftermath

Over a week since the massacre, has the university done enough?



Contributed Photo

The SHU community came together in support and remembrance of the horrible tragedy at Virginia Tech.

Britany Price &
Brittany Raine
Staff Reporters

The Virginia Tech tragedy.

It has been called the deadliest civilian shooting in the United States. What started as just an ordinary day suddenly became a horrific massacre.

After the Virginia Tech shootings, SHU took action.

A global email was sent to the university community by Dr. Anthony Cernera. Though emergency policy changes and

revisions have been discussed, Cernera has not been available to comment on the situation at Sacred Heart and across the nation since the horrendous events last Monday.

But Jack Fernandez, director of Public Safety, is one individual who has addressed emergency plans with school officials.

"We have reviewed the emergency policy and are still in the reviewing process," said Fernandez. "We have formed a committee comprised of Residential Life,

Buildings and Grounds, Public Relations, university administration, and Public Safety. More committee members will be added as time goes on."

When asked if there were any problems found with the old security policy, Fernandez said that the university community needed to find other ways to "communicate."

"No changes have been made yet [in the current policy] since the Virginia Tech shootings," said Fernandez.

See COPING on page 3...

50,000 square-feet is one big anniversary present

Celebrating 10 years means a new addition to campus on Campfield Drive

Mikara Cimmino
Staff Reporter

Now this present makes the grade.

Nothing is better than a new 50,000-square-foot building for a 10th anniversary present for SHU's College of Education and Health Professions

The new and more spacious facility

will be located at 7 Cambridge Drive in Trumbull. It will include larger classrooms, labs, a student lounge and a cafeteria.

The majority of students who will be affected by the change belong to programs such as Teacher Certification, Educational Leadership, Nursing, Physical Therapy, Occupational Therapy, Athletic Training,

and Excursive Science. These programs make up about 1,800 of the university's students and they will be the student staking classes in the new facility.

All programs will feature something new, for example, Occupational Therapy will feature an independent living lab along with a functioning kitchen and bath-

See MORE on page 5...



The Spectrum/ Elyse Harrell

Next year students will be able to use their ID cards for more than just food.

Get ready to be 'card'ed

All-in-one approach to student cards is finally here

Kathleen Vissichelli
Staff Reporter

Fairfield University has it. A lot of colleges have it. Now it's our turn.

That's right. Forget spending down your meal card money with FLIK. Starting next semester, meal card money has a new use (and a new definition).

"Starting next semester, students will be able to purchase other things beside food with their meal cards," said Larry Wielk, Dean of Students. "This has been a project waiting to happen for six years. We [Sacred Heart] have the software to be a 'one-card' system.

"Right now, Sacred Heart uses the one card as an ID and a meal card. Last September, we put laundry services on the card and this September, the use of the student ID and meal card is expanding."

See NEW on page 5...

Sacred Heart 4-Day Forecast



Forecasts and graphics provided by AccuWeather, Inc. ©2007

See page 2 for Saturday Forecast

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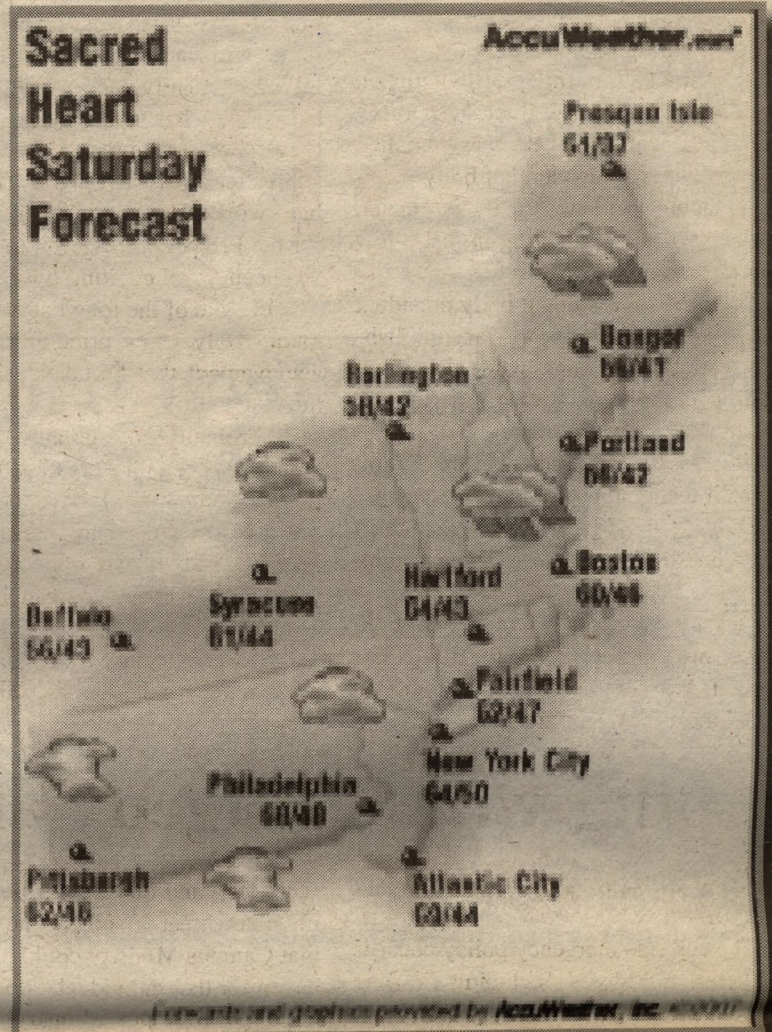
The Campus Corner

The 'Heart' Beat

SHU's exclusive safety & crime report

| Date Time | Incident | Location | Description |
|-----------------------|----------------------|---------------------------------------|--|
| 4/24/07 7:06 a.m. | Hazardous Conditions | North Hall Parking Lot | A resident's car was emitting smoke due to a heavy oil leak. |
| 4/23/07 12:17 p.m. | Fire | Elizabeth Ann Seton Hall (outside) | An aerosol can was on fire. |
| 4/22/07 3:00 a.m. | Vandalism | Christian Witness Commons Parking Lot | A resident's car was vandalized with shampoo. |
| 4/20/07 1:34 p.m. | Student Concern | JCC Parking Lot | A resident reported a suspicious male in the area. |

contributed by Public Safety



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Notice anything newsworthy?

If so, please contact
News Editor *Brittany Raine* at
raineb@sacredheart.edu

This week, check out more **News stories**
online about:

- The **LibertyWalk**: going cross country with colleges.
- **Michael Rogers** informs and raises interest about digital lifestyle.
- SHU is making headlines once again with the **AAC&U**
- Spending a morning at the **Celebrity Breakfast**

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the newsworthy stories, now!

Look back and read the year in review.

Looking to the past, the president and the future

Student Body President Jim Daly passes the torch, honor and responsibility to Matt Telvi

Leah Gallagher
Staff Reporter

As the school year comes to a close and power changes hands, there is a new face representing the student body.

Late Sunday afternoon at the student government installation dinner, Matt Telvi, sophomore, Wallkill N.Y., was installed as Sacred Heart's new student body president replacing Jim Daly, senior of Hazlet, N.J., who will be graduating in just a few weeks.

Daly served as student body president for two consecutive years, accomplishing a variety of things while in office including completely revamping Student Government as a whole.

"It was in bad shape before I took over with leadership problems and such," said Daly. "I would say also a change in perception of Student Government took place."

Daly said that during his tenure, they worked on major projects including the Financial Aid campaign; the reestablishing of the CSA (Connecticut Student

Association) for student governments along with Quinnipiac; and changes in FLIK and parking.

In addition, Daly said that he had the opportunity to discuss events and problems with administration and students talked on a daily basis.

"Over my two years we have helped break every attendance record for our sports teams," said Daly. "Through our hard work SHU is now also been selected for the Princeton Review's top colleges. It has been a real exciting two years."

In spite of the long list of accomplishments Daly takes pride in, there is one achievement that he takes pride in above the rest.

"Probably my greatest accomplishment has been the creation of Big Red. It was something I have been working on since my freshman year and I wanted to make sure it was done before I left," said Daly. "I guess you can say that's my legacy."

So what advice does Daly have for Telvi as he takes the reigns and steps into

his new role?

"My advice for Matt is to always stay positive. People look up to the Student Government president. If he is going through it saying 'this stinks' people will say it too. Stay positive and optimistic," said Daly.

Telvi feels ready and able to take on the problems and successes of the school in the upcoming academic year.

"Jim left a great legacy here at Sacred Heart University. He accomplished many things but while doing so I think that, utilizing his leadership skills, he took me in and helped bring out my great potential," said Telvi. "The job of Student Body president entails many obstacles and great opportunities to help make Sacred Heart great."

Telvi admitted that he's a bit nervous about the new role, but said he feels confident that with the help of his peers, he will "thrive off of what has been accomplished so far and work even harder to get more things accomplished."

Big plans for the future of Student

Government has already been made by Telvi, who will be a junior in the fall just as Daly was when he took office.

"I want to be a liaison for all the students to be able to talk with me about their problems so that I can then go forward and try to get these things accomplished," he said.

Telvi feels that parking is a big issue that students and faculty alike would like resolved and is confident that a resolution is on its way.

"I think that the parking situation needs to be addressed and I know that with the addition of our new Cambridge site the parking situation is already in progress," said Telvi.

Telvi has also started to look at ways of changing both academics and recreational activities within the student body.

"While in office, I want to work on creating more space for students to hang out and possibly do work. I feel that Hawley Lounge has good potential in becoming a great Student Union," he said.

Coping with a tragedy and dealing with a killers identity

...CONTINUED FROM PAGE 1

The current emergency policy consists of several procedures, including fire and emergency evacuations, along with hostage negotiations.

Fernandez has yet to meet with Cernera directly about the emergency policy.

"We have not met yet. We do plan to. He has met with my superiors," said Fernandez. "I have yet to obtain student feedback on the shootings; the only feedback received is the 'shock' of this tragedy."

As word of the Virginia Tech shootings spread throughout campus early last week, many students, like Jim Daly, student body president, senior, Hazlet, N.J., had concerns as to whether or not the Virginia Tech administration did enough.

"Obviously it is hard to say whether Virginia Tech did enough. Nobody ever thinks that something to this magnitude could ever happen to them," said Daly. "Nobody was ready for it."

"People have approached me about the shootings and what SHU is doing. Sacred Heart is reevaluating its safety procedures at this time. Sacred Heart is much smaller than Virginia Tech, so it would be easier to control if a situation ever broke out here."

Colleges and universities across the nation have been faced with daunting questions concerning a tragedy of this magnitude.

But with physical loss, there is also emotional, mental and spiritual distress.

"Probably every campus in the country is asking the same questions and reexamining how to handle this situation," said Rev. Mark Villano, director of Campus Ministry, Hamden. "I think that we can have the confidence that our administration is doing the same."

"Our faith gives great support and comfort at times like this and reminds us that God's goodness is greater than any pain and suffering humans can inflict on one another."

If Villano was to encounter a student

with deep and dark issues that could be a possible threat to others, he is confident that Campus Ministry could provide a safe haven for that individual.

"We [Campus Ministry] try to reach out to create a safe place for that individual where they feel comfortable to share their feelings," said Villano. "And if the student or the individual feels the need to be counseled I would be more than happy to talk to them and help them seek counseling."

Villano also believes that campus organizations did a great job with helping the university community deal with the Virginia Tech tragedy.

"Student Government did a great job getting people together the ceremony on the athletic fields on Friday to commemorate those lost after the attack," said Villano.

Daly was impressed with the student response on Friday, too.

"We had over 600 students turn out for the picture on the football field," said Daly. "The numbers were amazing; we were not expecting that many [students]."

"It is good that the SHU community wanted to get out and show their respect for the fallen students and staff of Virginia Tech. It really meant a lot to us that put on the event to have so many people involved."

Lisa Bondi, graduate assistant, Campus Ministry, Sonerville, Ind., was impressed with student responses to the tragedy.

"People were wondering what they could do," Bondi. "I looked on Facebook to see what other universities were doing to cope with this tragedy and SHU's immediate response was one of the best."

Campus Ministry created a prayer book and sent it to the Virginia Tech Campus Ministry department on last Friday.

"There were about 50 faculty staff and students that participated in the prayer book," said Bondi. "Also two RA's organized a tree planting ceremony and the prayer book was present there, too."

A special mass was also held to



AP Photo/Evan Vucci

Virginia Tech students relax and walk to class, life is slowly returning to normal.

remember those lost.

Although students and faculty wrote things in the prayer book and attended Friday's ceremony, no student visits to the Counseling Center were reported.

"Students have not contacted us with concerns in regards to Virginia Tech, but faculty and staff have contacted the Counseling Center," said Mary Jo Mason, Ph.D., LPC, NCC, Director of Counseling, Chappaqua, N.Y.

"I think Sacred Heart is ahead of the curve when it comes to emergencies and tragedies like the one last week at Virginia Tech. Last fall we developed a protocol for identifying distressed students because suicide on college campuses has been such a huge issue."

But what if a student had emotional and mental issues like Cho Seung-Hui, the gunman at Virginia Tech, here at Sacred Heart? How would on-campus organizations, like the Counseling Center, deal with it?

"If I felt the student was distressed and at risk, I would work with him to get in touch with parents with my assistance," said Mason. "But I would be clear [with the student] that I might contact their guardians without their permission."

"We ask the question; is this person we would be dealing with beyond the scope

of our ability to deal with their condition within the campus facilities? Depending on what the person says and my gut reaction to it is, I might go directly to the resident assistant, or our new thing is to contact Public Safety."

Mason explains that the scope of the tragedy at Virginia Tech hasn't fully hit Sacred Heart... yet.

"It is the end of the semester, and most students are focused on finishing and going home, said Mason. "[This tragedy] hasn't hit yet, things like this don't sink in for some time."

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News

Watching what you eat: Mercury poisoning, a 'fishy' situation *Fish is a popular food for students, but not knowing the facts can lead to a lot of trouble*

Jennifer Hernandez
Contributing Reporter

One fish. Two fish. Three fish.
Poisoned fish?

Mercury should be on your mind and could be on your fish.

A fish consumption advisory has been in effect since 1996 that was issued by the Connecticut Department of Public Health as a direct result of an assessment of mercury levels in fresh water waterways in Connecticut in 1995. Even though the advisory has been in effect for over 10 years, that doesn't mean this threat has disappeared.

"It is a bit frightening," said Dale Cialfi, junior, Armonk, N.Y. in response to the presence of mercury levels in fish.

Common mercury exposure stems from direct contact with a broken thermometer or from fish consumption. Mercury enters aquatic species due to air pollution or past chemical spills.

According to Roger Smith, campaign director of Clean Water Action (a campaign focused on preventing mercury exposure by promoting effective health warnings), the primary sources of mercury in Connecticut are the Bridgeport coal power plant, coal power plants upwind of Connecticut and trash incinerators in Connecticut. When products containing mercury are burned at these power plants, it is released into the air and contaminates soil and water.

"It's shocking," said Alessandro

Lopes, junior, Bridgeport about the situation.

Rebecca, a SHU student whose name was changed to protect anonymity, knows firsthand the danger that may arise from fish consumption.

After consuming fish she purchased from the Main Street Stop & Shop, Rebecca said, "The following day after I ate the fish, I had extreme nausea and experienced severe vomiting."

Her story is similar to countless food poisoning cases across America and highlights that dangers from fish consumption run the gamut of food poisoning to mercury poisoning.

According to Paulette Thompson, Health and Wellness Manager for the Stop & Shop Consumer Affairs Department, the benefits and restrictions for eating seafood is only available via the Stop & Shop web site.

"Our seafood buying office purchases fish and seafood from reputable suppliers that obtain product from certified waters," said Thompson.

Rebecca thinks that fish should have some warnings about the danger of mercury.

"It would have been nice to see signs in the store warning individuals," said Rebecca. "The only label available was on my fish package and it indicated that the fish was imported from either Venezuela or Colombia."

Students like Janelly Ricardo, sophomore, Bridgeport, in agreement with

Rebecca's statement.

"I would like to see changes in the way fish is labeled and packaged too," said Ricardo.

FLIK has taken a proactive approach and launched an exhibition last year at the Norwalk Aquarium that discussed the dangers of mercury poisoning.

According to Angel Rosado, Foodservice director at SHU, the fish served on campus does not come from Connecticut.

"Depending on what type of fish we are serving, it comes from Maine, California, South America or Alaska. At the moment we are very cautious about the fish we serve our faculty, staff, and student body," said Rosado. "We provide fish very low on mercury."

Gary Archambault, Epidemiologist at the Connecticut Department of Public Health, wants to inform and protect.

"I want to keep Connecticut residents' exposure to any metal at a minimum," he said.

"I feel that if you do not eat too much of it per week, you should be all right. Like once a week," said Cialfi.

Stephanie Traver, junior, Peekskill, N.Y., said she just makes sure she doesn't eat much tuna.

The students' recommendations coincide with that of the Connecticut Department of Public Health. The department suggests that individuals limit their consumption of bluefish, tuna and halibut to a bare minimum.

According to the department, individuals may consume flounder, cod or salmon one to two times a week. However, individuals in a high-risk group such as children under age six, or women who are nursing or pregnant need to follow other guidelines set forth by the department.

Even if an individual follows the guidelines set forth by the department, mercury poisoning or food poisoning can still occur from a variety of fish and sources.

Archambault recommends that any individual with symptoms associated with mercury poisoning or food poisoning should contact a medical professional immediately.

"Mercury is persistent in the environment and will remain so for decades even if all emissions stop. There are mercury advisories in effect for all Connecticut waterbodies," said Smith. "Our mercury products law should reduce incinerator mercury pollution by keeping mercury from going up the stack of an incinerator."

By mid-2008, the Connecticut Mercury law will require control of the Bridgeport City Harbor plant. The law will establish an 85 percent reduction of pollution.

Even with this progress, the threat of mercury poisoning will linger for a very long time.

The Department of Media Studies & Digital Culture and the Media Students Association presents:

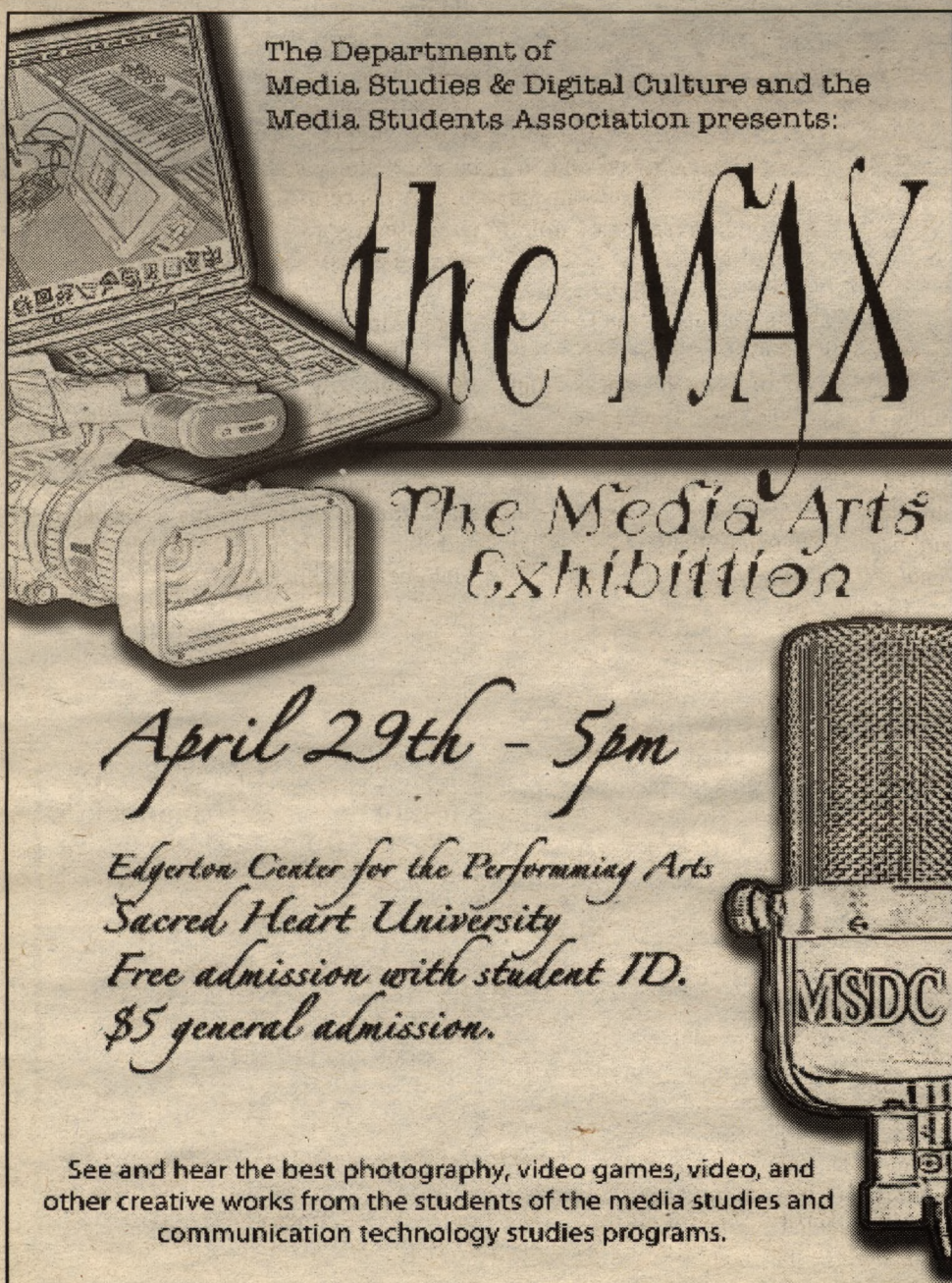
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The Spectrum/ Mikara Cimmino

The construction on the new building is coming along nicely.

...CONTINUED FROM PAGE 1

room, a biomechanical lab and a pediatric lab.

The Nursing Department will have labs and a hospital. Physical Therapy and Human Movement Science areas will have four laboratories including human performance and cardiopulmonary labs. The Education Department will have a reading clinic serving school students.

"Personally, I think the building should be closer to school," said Frank D'errico, senior, Hamilton N.J. "Being ten minutes away from school I think its going to be hard for students to be on time. But I do think Sacred Heart

needs to expand, just somewhere closer."

SHU plans on having students take their core and elective courses at the main campus as well as any outside of school activities. Shuttle bus services will also be available.

"With not being in any of these programs, I have no thoughts...but I do know that Sacred Heart needs to build some more dorms," said Dale Fink, freshman, Swansea, Ill.

Although many students think that the new building isn't going to affect them, SHU plans to invest \$10 million dollars to enhance the new facility in the next five

years to accommodate the needs of students. Access to resources like computer labs, a library, and a media center will also be available.

"I think this is a great idea, I hope that it will make some space in the main building where my classes are. Although I do wonder how they are going to make the schedules and times work," said Lenana Tankeng, Quonkers, N.Y.

Sacred Heart hopes to keep on expanding for everyone, plans to have the new building open by July 1, 2007 have been set in motion.

New and improved cards could make (or break) the bank

...CONTINUED FROM PAGE 1

Michael Moylan, director of the Student Union, explains that the card will be able to be used at the bookstore as a debit card, among other things.

"Students will be able to use their cards at the on-campus vending machines, and throughout the next year, more services will be added, like off-campus stores," said Moylan. "The way the system will work is that you will have separate accounts on your card. The accounts will consist of a general account, a bookstore account, a laundry account and the meal plan."

Student cards will act in the place of "FOB's" to gain entry into residence halls, as well. Also, students will be able to pay parking tickets and purchase new ID cards with the cards.

So many uses in one card. So are all the assets on the new and improved student card really a good idea?

Wielk thinks so for all aspects of college life.

"Parents can give students money and make it easy for students to keep track of and have some control over," said Wielk. "It's a good tool for both students and parents to manage the cost of education."

According to Wielk, both students and parents will be able to track where the money goes via the Internet. Also, a machine will be located near the ATM where students will have the ability to add

money to their card.

But the use of the new card hopes to extend way behind these campus walls.

"In January of 2008, Sacred Heart hopes to expand the use of the card to local, off-campus establishments," said Wielk. "We are trying to enable students to have access to places which they use frequently."

"These places might include Stop and Shop, Mario the Baker and the establishments in downtown Fairfield. Locations where the shuttles go."

What do students think about this?

"Even though I'm moving off campus with my friends, I'll probably get some kind of plan," said Tori Cotugno, sophomore, Keene, N.H. "I wish they had this during my first two years here, though. It would have made spending down my meal money a lot easier."

Moylan explained that with many student college cards, various establishments participate in programs that allow students to receive incentives, like discounts, when shopping at certain places.

In downtown Fairfield, restaurants like Chef's Table and boutiques like Swim N Surf, have offered SHU students discounts for some time.

"Having everything on one card is a useful tool," said Moylan. "It will help eliminate the need to carry cash around campus and will give you the security of not having to carry cash at all."

"Our world is becoming a 'cashless' society; we're just going with the flow. I'm very excited and very hopeful. This is an attempt for Sacred Heart to be responsive to the needs of our students."

Catharine Oehm, sophomore, Staten Island, N.Y. said she believes the new uses of the students cards will make it easier for the campus as a whole.

"The best part of the card changes is the convenience of having everything in one place," said Oehm. "It's the biggest hassle having to pay for things around here and the new cards will make everything so much easier."

Wielk stresses that Sacred Heart wants to know where students would like to use their cards.

"We are planning on asking the student government to do a survey to find out where and at what establishments students would like to be able to use their cards," said Wielk.

Locations where cards would be used have already been brought to the school's attention.

"I've heard of a lot of places from students," said Moylan. "Mostly the mall, Merritt Canteen, Super Duper Weenie, Blockbuster and other locations on Main Street. "The university gets input on card usage from two sources: students and vendors."

Cotugno already has places in mind.

"I would like to see the cards being

able to be used at a variety of places, like tanning and for taxis," said Cotugno. "It would be great to have some restaurants, too."

According to Moylan, the response towards the new cards has been positive. "About 50 percent of colleges nationwide have systems like this," said Moylan. "Parents with older children at other colleges love the system and parents with children coming here for the first time are curious about it."

"The new card system would be accessible 24-hours a day for parents to add money to their students' card. Parents will be able to add the money, but they won't be able to see the transactions."

So if parents can't see the purchases, who monitors what can and can't be bought with the card?

"A concern that has come up is the purchase of alcohol and tobacco products with the cards," said Wielk. "Sacred Heart will not allow such purchases to be made on the card through strict methods."

Don't rule out on-campus activities. Being able to purchase tickets for events like the spring concert is a possibility in the near future.

"Basically, the entire system will make things easier for students, parents and the school," said Moylan. "What could be better than that?"

The Thought BOX

The sun might be shining, but things aren't looking so bright in Iraq. With a controversial war ripping at American minds and pulling at broken hearts, troops continue to fight for a nation torn at the seams. War is one word that evokes various powerful emotions, but with support suffocating, one is to wonder: why? Is the war in Iraq already lost? Or is the road to victory long and costly? We asked you...

"Bush is an idiot. I think we went to war under false pretenses. Bush made a mistake. I read in the 'New York Times' this week that Bush is coming up with a new plan to try to 'resolve' the situation in Iraq. I think Bush is just trying to save himself because he is an imbecile. I believe that he is going to be one of the top three worst presidents in the history of the United States. When Bush leaves office, he is going to see that his predecessor can deal with the Middle East so much better than he ever could."

- Jennifer N. Jones, senior, Nolensville, Tenn.

"I don't think that the United States can pull out of Iraq today. Our nation needs to form some type of strategy to leave soon because if we don't, the United States will never leave."

-Amanda DeMatteis, junior class president, junior, Hamden.

"The war is a very controversial issue and many people think that we should not be in Iraq. Whether our nations choice to go to Iraq was a mistake or not, we should stay there and continue to have a presence in the Middle East. We should keep a strong presence in Iraq because our nation needs to be seen as a threat to the rest of the world."

- Jim Daly, student body president, senior, Hazlet, N.J.

"I think that something needs to be done by the government and the military in response to the situation in Iraq. I believe that we [the United States] need to get out of there, now. One of my friends has already been to Iraq six times. It is scary and I think troops need to leave the Middle East."

- Heather Gureckis, senior, Nashua, N.H.

Perspectives

Procrastination: the key to success?

Rachel Maresca
Staff Reporter

Take a walk through the mahogany room or library this week and take a look around you, it is full of procrastination.

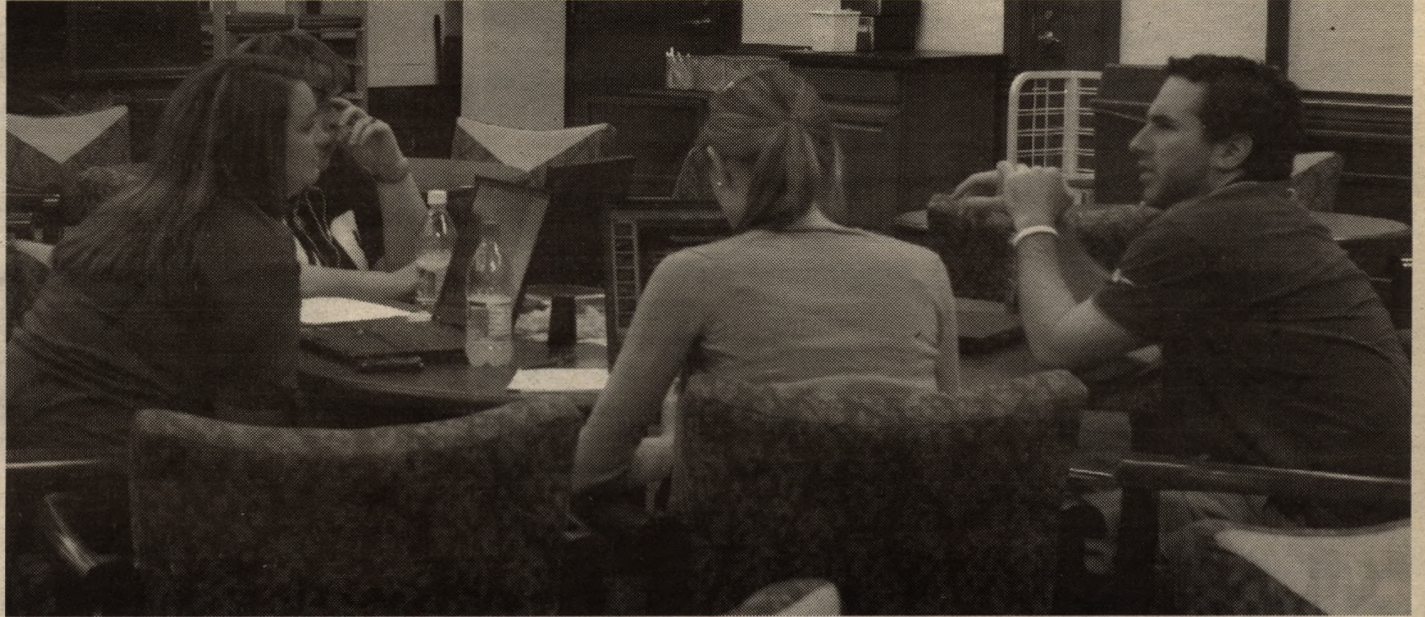
As final week approaches students try and avoid all the distractions that keep them from focusing on the immense amount of work they need to complete. However, what is the best way to avoid these situations? Do you sign off your buddy list, force yourself to avoid checking facebook, or miss your favorite television show?

"To avoid procrastination, I'll take time off and do something relaxing so when I sit down to do my work I'll be focused to get it all done at once," said Jamie Santos, junior, Westfield, Mass.

The warm weather that has finally arrived is another big distraction. Who wants to be stuck in the dorm studying when it's 70 degrees and sunny out? At least at the end of the first semester we're trapped inside because of the cold weather. Four months of freedom, vacations and nice weather is so close, but finals week is the only thing standing in our way.

"I find it hard to avoid procrastination this week, my computer is a huge distraction for me, but I know I will eventually sit down and get all my work done," said Ashley Lupinacci, junior, Manorville, N.Y.

A great way to steer clear of post-



The Spectrum/ Kate Brindisi

When work is lingering over your shoulder, procrastination is often time your best friend.

poning your studying is to keep remembering that the end is almost here. The sad thing is, once seniors are done with their finals you have to leave your friends and maybe even the school you've been coming back to for the last four years.

As a junior, I know I am so excited for summer to come, but cannot believe that when I return to SHU in the fall I will be a senior. Just the fact that I just registered for all of my senior classes makes the end of college too close for comfort. I mean

was this really the last time I have to get annoyed and frustrated with web advisor for taking too long to load, or the last year I will have Friday's off?

Maybe some of us procrastinate because we were not ready to go home or maybe we were just lazy, but whatever it is, it's just incredibly difficult to get around.

"I have a 15 page paper due this week, but instead of my professor assigning the whole thing due at once, he had us complete and hand in different sections of

it throughout the semester instead leaving all of it until the end. It really helped me because I am already finished with a huge and very important paper, if my professor hadn't made me do that I would have had to complete the whole thing this past weekend," said Tara Pisciotto, junior, Manorville, N.Y.

Procrastination is inevitable during finals, but take it one day at a time, because in one short week, summer will be here.

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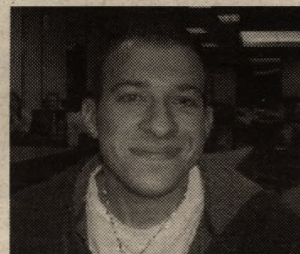
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SHU Voices

Kathleen Schultz
Staff Reporter



Anthony Romeo
Senior, Freeport, N.Y.

"Pledging and crossing into my fraternity Alpha Sigma Psi and playing for Sacred Heart University's X-Men Rugby team my first two years of college."



Kathleen Cummings
Senior, Waltham, Mass.

"My favorite memory from being at SHU was definitely this years Black and White Dance. We had an awesome time with all out friends and senior classmates."

What is your favorite memory of SHU?



Diana Bramante
Senior, North Bellmore, N.Y.

"My favorite memories were being an Orientation Leader, being on Student Government, pledging Beta Delta Phi and going to Mississippi with Habitat for Humanity."



Chaz Cybulski
Senior, Enfield

"Jamming at the G-Star with my friends."

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the

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The importance of obtaining internships

Katie Carroll
Staff Reporter

As school comes to an end, and summer approaches, the importance of an internship where you hope to work when you graduate is on everyone's mind. Fortunately, Sacred Heart University students have the opportunity to find internships through Career Development.

"Every student should make Career Development their first stop in looking for an internship, or full-time position. We have a database of over 2,500 employers who are looking for SHU students, and at any given time we have hundreds of employment opportunities we can connect you with.

In addition to our recruiting database, we can provide instruction on all the skills you need for an effective search, including networking. Research shows that more than 75% of jobs are found through networking, so it is an important part of any job search. Tell everyone you know about what type of opportunity you are seeking," said Rick DelVecchio, Director of Career Placement.

Career Development can help many SHU students get great jobs, even after graduation.

"I met up with the Director of Marketing for an interview after submitting an initial application for the program, things went well so he hired me. I don't plan on working for the MLB in the future because I am not really interested in baseball but it did make me realize that I wanted to be a director of Marketing. From that point of my realization and when I researched the Director of Marketing position, I saw I would need my MBA to obtain this type of position within a company I wanted to work for. As far as the process of going on interviews I felt it made my interview much easier having researched the general background of the "BlueClaws" affiliate so it looked like I had a genuine interest in the internship itself and showing up 10 minutes before to chill out and gather myself before having to walk into the meeting so I wasn't as nervous," said Ryan MaGovern, Graduate student, Belmar, N.J.

It is important to make sure you have a

resume when going on your interview and also so you can send them to companies you are interested in. If you start looking early then you have more options and if gives you a chance to figure out what your doing for the summer.

"The most effective job searches either intern or full-time, incorporate a little bit of everything from online searches to networking. Come to Career Development to view the opportunities we have available and we will help you put together a plan for your search," said DelVecchio.

Something that can stand in your way when getting an internship is money, because not all internships are paid. However, in the long run receiving a spot in a competitive industry is a great opportunity and good practice to have.

"Sacred Heart can help you in finding a internship for you. In addition to maintaining our database, as well as, relationships with specific employers, we prepare you for the process. We help you understand how and where to find the opportunities, how to prepare the tools you need--such as resumes and cover letters--and how to put your best foot forward no matter what your major or desired industry," said DelVecchio.

"I had an internship last year at a phone company but this year I sent out about three resumes to advertising companies. I have gone on interviews before so my advice to students would be go in there, be confident, and maintain eye contact. I still hope to get one for this summer," said Peter Izzo, junior, Cutchogue N.Y.

Since the majority of internships do not pay, a bonus to having one is that you can receive college credits.

"The internship program credit is awarded based on different specifications for each major. Counselors in our career development office can help you through the process of determining if an internship can be done for credit, and if so what other steps you need to take," said DelVecchio.

By getting your foot in the door, you might receive opportunities for your future careers. Internships can benefit your resumes and help get other jobs you might be interested in as well. The summer is a chance to relax, have fun, and work towards starting a successful career.

He Said/ She Said... Let's talk campus safety



Pat Pickens
Guest He Said

Safety.

It is one of the most important factors prospective students and parents question when touring college campuses. And, it is one of the top priorities when they arrive on campus as students.

I have never been afraid in my four years on Sacred Heart's campus. Unless you count when I was wandering around in a drunken stupor, or braving the streets of downtown Bridgeport. But that does not involve regular everyday students, right?

Despite my view, safety here is a concern. It should be on any campus. After the Virginia Tech shootings, I began to think about what would happen if an event of this nature ever happened here.

There have been several instances on college campuses. Seton Hall had a fire. Campuses like Ohio St. or West Virginia has had riots. Obviously very few people were fearful of an incident at Virginia Tech as well.

But safety here is fine. With emergency blue lights, and Public Safety working hard to make sure underage kids aren't drinking, and people aren't parking in unmarked spots. Students here do not fear their safety in the classroom or dorms.

The honest truth is that safety at any university is not solely reliant on the campus cops. There are so many off-campus incidents outside their jurisdiction, and there are only so many members Public Safety that it's difficult to control.

But the issues with which Public Safety must concern itself, they do a fine job. They give out plenty of tickets, whenever there are noise complaints they are on top of it, and they'll even give students a ride if they have to walk home on a cold night or in a drunken stupor

So, walk this campus confidently students, and sleep soundly parents. Your children are safe at good old Sacred Heart.



Dana Cannizzarro
She Said

Public safety, our school's solution to keeping our parents at ease and keeping us in check. They drive around campus, sit in the parking lots, and occasionally direct traffic. But do they really do all they are supposed to, regarding making us feel safe?

I must say that there was never a time during my four years at Sacred Heart that I haven't felt safe, on our main campus that is. Back behind that public safety books they have lists upon lists for those who should be let into rooms and who should be kept out. Who should be allowed to get the key and who would be out of luck. They do what they can to keep doors locked and those who are trespassing, out.

But off campus, that's another story. One time while residing at the lovely Taft Commons, I noticed a local garbage picker outside, rummaging through our dumpster. Later that day I went to public safety to express my concerns and see why he hadn't been told to get off SHU property, and they responded with "He's harmless."

Now, I know this would have been taken care of much differently if it was happening at our dumpsters right outside South Hall. I know this school wouldn't want to take any chances with a possible tour walking around, or maybe even a future investor. The fact that because I was living miles away from our school's campus and in the middle of Bridgeport, this was not taken as seriously, and potentially jeopardizing student's safety.

Weeks later, the local garbage picker was still going through our dumpster, and public safety still wasn't going to do anything about it.

With our campus being of such small proximity I feel that public safety can handle it, but when it expands to our not so directly on campus housing, that it may become too much on their plates. The break-in at Parkridge earlier this year, is a good example.

All I can say is that no matter where you are, whether its on our campus or not, keep on your toes, and to quote my mom, "be on your guard."

Picture of the Week



The Spectrum/ Kate Brindisi

Want to be the next he said or she said columnist?
If you are interested e mail
DanowskiD@sacredheart.edu for
further details

Girls & Sports



—Arts & Entertainment—

The results are in: Tavio Hobson is Mr. SHU 2007



Mr. SHU 2007 is crowned.

The Spectrum/Kate Brindisi

Shelley Thomas
Staff Reporter

Who is the man of your dreams? On April 18, the theater had eleven different guys to choose from, but only one could be crowned Mr. SHU.

Students lined up early in front of the theater to make sure they had a seat, but by 9:30 p.m., the line was past the doors of the Edgerton Center. The show sold out quick, causing a commotion when many students couldn't get in and were forced to leave.

"I made fun of all my friends for leaving so early to get there until I saw the crazy long line," said Nick Lipeika, sophomore, Litchfield.

The hosts of the show were Shaun Mitchell and Amanda DeMatteis, while the contestants were Andrew Deleault, Dan Falanga, Tavio Hobson, Matt Jarvis, Dave Mahaffy, Danny O'Connor, Jim Pape, Tommy Sands, Ian Straughter, J.T. Strosnick and Chris Yantz.

"Everyone worked really hard and put on a good show,"

said Danielle Sullivan, sophomore, Florida, N.Y.

The show was broken into three events- swimsuit, special talent, and formal wear. During each event, the contestants had to do whatever it took to impress the three judges.

The swimsuit portion of the show had each contestant show the crowd some skin when they revealed themselves in their bathing suit.

During the special talent portion, the contestants sang, danced, played an instrument, flexed their muscles or gave a speech.

"I am a bit biased since I was an escort, so of course my favorite Mr. SHU was Matt Jarvis," said Sullivan. "But my favorite talent was Dan Falanga's dance. He was a fantastic dancer."

The final portion of the show was formal wear. During this portion each contestant was escorted across the stage as the hosts described their celebrity picks, ideal woman, perfect date and career aspirations.

Special awards were given to each contestant, such as "Best Booty" and "Mr. Congeniality,"

however, only one contestant could be crowned Mr. SHU.

The judges picked the top five contestants, which ended up being Dan Falanga, Matt Jarvis, Tavio Hobson, Dave Mahaffy and Chris Yantz. These final five had to pull a random question out of a hat to answer on the spot.

When the final tallies were added up the winner of Mr. SHU 2007 was announced, there was a rare tie between Matt Jarvis and Tavio Hobson.

The winner was selected by each of the three judges voting anonymously for who they thought deserved to be crowned as the best man of the event. As the crowd waited with anticipation, the words, "And the winner is, Tavio Hobson" echoed throughout the Edgerton Center.

"I was looking forward to the opportunity to talk to my peers and leave an image of myself to the SHU community before I graduate," said Hobson, senior, Seattle. "So no, I wasn't expecting to win, but it certainly was a bonus."

F.O.R.C.E brings sexy back

Lisa Brown
Staff Reporter

SHU F.O.R.C.E. Dance Ensemble performed their fourth Annual Recital "Bringing Sexy Back," on Saturday at 7 p.m. and Tuesday.

Dancers performed in the Edgerton Center for the Performing Arts with a wide variety of dance styles including jazz, hip-hop, tap, lyrical, and musical theatre.

"I really liked how they incorporated so many different genres of music, I was excited throughout the entire show about what was coming up next," said Kelly Simpson, freshman, Wappingers Falls, N.Y. "I have a lot of friends on the team and they never fail to put on a great show."

The 42 dancers on F.O.R.C.E put a lot of time and effort into their recital and to the overall growth of the team. They practice for six hours a week and have recently participated in fundraisers including the MS and Diabetes walks.

"It felt really great that so many people came out to support us tonight," said Nicole Gomes, sophomore, Waterbury. "It's nice to see that people are so interested in what we're doing because we really put in a lot of effort to make all of our performances the best they can be."

During the recital, the president of the team, Katrina Rose Torres, who has danced for 15 years, presented roses to the Executive Board and thanked the team for their hard work and dedication.

"I love that people are able to

see all of our hard work, the time we put into practice is all worth it when everyone enjoys the show," said Stefanie Townsend, sophomore, Smithtown, N.Y.

The crowd consisted of supportive parents, relatives, and students who cheered the dancers on as they demonstrated their practice, preparation and enthusiasm.

Tremendous energy was put into endorsing their recital on campus and supporting the event, including the bake sale they held April 19.

"The event was really well promoted, everyone knew about it so it made me really want to come see their performance, I'm really glad I came," said Lauren Meberg, freshman, Stewart Manor.

"I think it was an overall success, you could definitely tell they put a lot into the show and it paid off," said Meberg.

Many dancers on the team have been dancing as long as they can remember and take pride in their performances.

"I've been dancing since I was three, I'm proud to be a part of F.O.R.C.E, we are one of the hardest working clubs," said Stephanie Serenita, freshman, Merrick, N.Y.

"We always perform with all our hearts and put passion into everything," said Serenita.

SHU F.O.R.C.E. has grown over the past years, and according to Torres they have grown into something that they never thought they could be.



The F.O.R.C.E. girls put on an outstanding show.

The Spectrum/ Elyse Harrell

CELEBRITY



REPORT



Contributed Photo

Hinder is set to invade the Pitt Center on Friday evening.

Here comes Hinder

Kathleen Schultz
Staff Reporter

The Spring Concert Festival is finally here. Tomorrow night, April 27, Hinder, rock's recent addition to the music scene, will be rocking out the Pitt Center.

"I can't wait to hear 'Lips of an Angel' one of Hinder's well-known hits," said Kim Redman, junior, East Bridgewater, Mass. "It's such a meaningful song to me."

Hinder is straight out of Oklahoma City. The band was formed about five years ago when guitarist, Joe Garvey and drummer, Cody Hanson heard vocalist Austin Winkler at a college party performance. Other members of the band are Mark King on the guitar and Mike Rodden on bass.

Hinder's concert tour is promoting their debut album, *Extreme Behavior* released in 2005. This album includes songs, 'How Long,' 'Lips of an Angel' and 'Better Than Me.'

Friday night's concert will kick off with two opening bands, Operator and Days in the New.

"It's exciting that SHU has been having all types of artists to appeal to other groups of people. I enjoy different types of rock groups," said Melissa Allen, junior, Bernardson. "'Get Stoned' is one of my

favorite songs by Hinder."

Events such as the spring concert give students the opportunity to help the student event team play a role in the concert production. Students have the choice to be apart of the advertising, concession stand, security and hospitality crew for each spring concert.

"I'm excited to work with the hospitality crew again for the Hinder concert because when I worked it for the Goo Goo Dolls' concert I got to meet them," said Shaun Mitchell, junior, Cresskill. "It would be great to meet the members of Hinder."

"I am working on the hospitality crew for the Hinder concert. It's a great way to see what goes on behind the scenes," said Matt Jarvis, sophomore, Cape Cod, Mass. "I bet it will be so exciting with all the commotion going on."

Tickets went on sale in the beginning of February. According to Denise Tiberio, about 2,000 tickets were sold to the SHU community and public for the Hinder concert.

Concert coordinators originally thought that Hinder would have opened for the Goo Goo Doll concert, but Hinder offered to perform their own concert for adoring fans. As hype builds on campus, be sure to catch Hinder tomorrow night.

Comedian Humors Outpost

Cristin Colucci
Staff Reporter

Students came to hear the humor of comedian Adam Hunter on April 17, in the Outpost. The crowd was small yet personal.

Hunter, who is from Los Angeles, really interacted with the audience during his show. Many people were walking in and out of the Outpost and Hunter made it a point to joke with each person coming in and out.

"He was really good at making people comfortable even though he was poking fun at them," Maggie Horem, freshman, Sheron, Mass. Since the room was filled with a crowd of about 35 people, Hunter made members of the audience feel like a part of the show.

"I thought he was funny and he had good interaction with the audience," said Raydhiri Hidalgo, sophomore, Bronx, N.Y. "It would've been better if there was a bigger crowd because he kept going back to

the same jokes when they were directed at certain people."

Hunter used a lot of comedy that college students could relate to such as jokes about Myspace, relationships, celebrities, and family.

"I thought he was good. I was laughing the whole time and I even got tired because I was laughing so hard," said Andrew Sabia, senior, East Northport, N.Y. Even when there were times that a joke only got a few laughs, Hunter was able to change the subject to something that the students found to be more humorous.

"I couldn't think of a better way then relax at the end of a rough day with the comedy he produced tonight," said Pete Donahue, junior, Melville, N.Y.

Hunter wrapped up the night by asking the audience if they had any questions for him. He also summed up the events of the night joking that even though the audience only had nine people, 77 people had walked in and out but the crowd was able to still have some good laughs.

Is screen size an issue?

Christopher Forsyth
Staff Reporter

Ever stop to think about the changes in movie viewing over the years? Ever wonder why people choose to view a film at home, as opposed to viewing one in a theater?

Technological advancements have created the opportunity for individuals to watch movies at their own leisure.

Connecticut Post writer Joe Meyers, recently touched upon this issue at a Society of Professional Journalists (SPJ) sponsored event on April 12.

According to Meyers, the way people watch movies has drastically changed.

With inventions dating as far back as the videocassette recorder, the concept of watching a movie allows the viewer to stop and play at will within the confines of their home.

"More and more people have taken to watching movies at home or on the go, rather than taking the time to view them in theaters," said Meyers, Arts & Entertainment columnist. "This essentially detracts from the traditional experience felt while viewing a movie at a theater."

Movie watchers now have the options of renting a movie, purchasing one on digital video disc, downloading and syncing one onto an Ipod or even

recording one on devices such as Tivo.

"I like a projected film," said Greg Golda, clinical instructor of the media studies and digital culture department. "If I can't watch a movie on a projected screen, I'll watch it on my 40 inch TV."

Four out of five people surveyed on campus said that they preferred watching a movie on their DVD player through a television bundled unit or laptop.

"I like to watch movies on my laptop," said Amanda Brosnan, sophomore, Holbrook, N.Y. "Although watching a movie at a theater is more of an experience."

Others mentioned that the use of the laptop and DVD player is more convenient than going out to the movies.

"I like to watch movies at home," said Sidney Gottlieb, associate professor of the Media Studies and Digital Culture department. "In staying home, I avoid noisy audiences and commercials before a movie."

The choice of going to a theater to watch a movie or viewing it at home is a decision based on personal preference. The film and marketing industry give viewers the option to do either one. The choice is up to the individual, but the fact remains that sometimes screen size really does matter.

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Features

Skit Night kicks off week long Springfest

Alyssa Larsen
Staff Reporter

Springfest kicked off its events with Skit Night 2007 last Friday.

This year's Skit Night was hosted by Eric O'Shea, the College Comedian of the Year.

Students, family and fellow Greek Life members lined outside the Edgerton Theatre starting at 6:30 p.m.

"The show was very entertaining, good humor and a lot of talent," said Dawn Doucette, one of the judges for Skit Night.

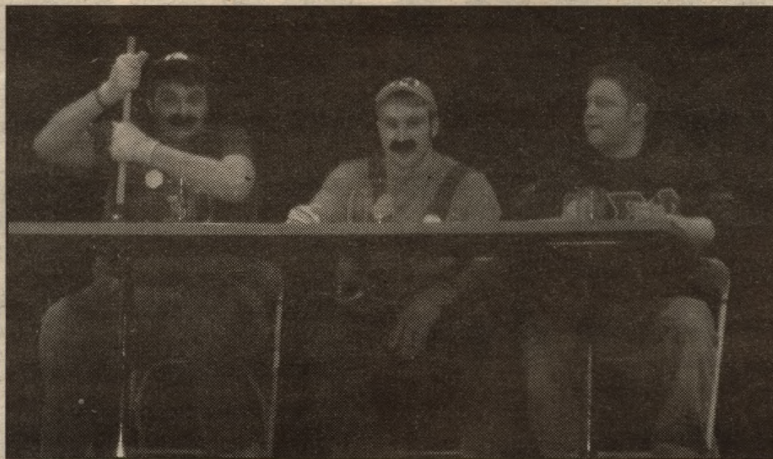
O'Shea opened the show with a comic set followed by Nu Epsilon Omega's skit "Turn Back Time."

"Skit is not all about winning; it is about spending time with your sisters. It's rare we get to spend time together with all of us there so it is really special time for us. Its hard work but we seem to pull it off every year," said Lauren Di Stefano, sophomore, Berkeley Heights, N.J.

Other performances included Lamda Sigma Phi's "Lamda Law," Omega Phi Kappa's "Omega Zone," Zeta Iota Lambda's "Cookies and Cream," Alpha Sigma Psi's "SHU Nation," Beta Delta Phi's "Beta Night Live" and closing the show was Delta Phi Kappa's.

"Many of the groups danced, which to me is always entertaining because I advise and coach SHU F.O.R.C.E so I am always looking forward to seeing groups dance," said Doucette.

"I love the tradition in each fraternity and sorority has; whether it is stepping, playing "drums" on random



Tee Spectrum/ Susie Patton

One of the many amusing acts from Skit Night.

furniture, using the glow sticks, and dancing," said Doucette.

Beta Delta Phi's skit "Beta Night Live" competitively finished third behind Delta Phi Kappa in second place. Omega Phi Kappa won the show with their skit "Omega Zone."

"No one has any idea what to expect going into skit night, your blind to the competition. As the show goes on, you keep thinking to yourself, 'wow they are doing great,'" said Victoria Lassek, sophomore, East Islip, N.Y.

"I just kept hoping that the audience and judges would find our skit funny and enjoy it," said Lassek.

Judges of the night were Javon Noblin and Lucy Cox and Doucette.

"I have judged Skit Night in the past, so I had a pretty good idea what to expect. I always expect to be entertained," said Doucette.

According to the judges, the qualifications they were looking for were the organization as a whole to work together and have the skit flow.

There was a time limit the groups had to follow and any props used were also aspects that were taken into consideration.

"I know that it was difficult for the three judges to choose only three winners, due to the fact that all the skits were very well done. The winner seemed to have gotten the most crowd response so I could say that they were the 'right' organization in most people's eyes," said Doucette.

"Waiting for the results was nerve-racking. Taking second place was awesome and having our brother fraternity take first was great. Overall, the Phi Kappa family took first and second and I think we all had a blast," said Lassek.

According to Doucette, it was difficult to choose just one winner and what the event really comes down to were the first and second place winners who showed a lot of talent with their stepping, but the third place winners were very funny with the Saturday night live skits.

Habitat builds shed on campus

Taylor Higgins
Staff Reporter

On Monday, students were waking up to the sounds of hammering and building on the Flik patio.

All the noise was Habitat for Humanity, Act! Speak! Build! event.

Habitat members were on the Flik patio from 9 a.m. until 5 p.m. building a shed that was brought to Coastal Fairfield County Habitat and used for a home that doesn't have a basement.

Plenty of students stopped by the event to find out what all the bang was about.

Students, including non-members of Habitat for Humanity took part in the building, bought t-shirts, and made donations to help Habitat for Humanity to pay for the shed.

"I heard all of the banging this morning at around 9:30 a.m. I was curious as to what they were building outside so I went over to the patio and asked a couple of questions," said Tanya Bading, freshman, West Haven.

"I ended up contributing to the building of the shed, and getting credit for my hours at work," said Bading.

"Habitat workers were

there to instruct me and help with the process as well," said Bading.

"I woke up to the sound of hammering this morning. I thought it was from the building of the chapel or something, but I looked out my window and saw a lot of students building sheds," said Tom Gilford, freshman, Westchester, N.Y.

"I decided to help out a little and felt like it was a good experience to help others during the process," said Gilford.

"Habitat for Humanity's mission is to help build simple, decent, affordable housing," said Megan Wood, senior, Port Jefferson, N.Y.

"The mission of Act! Speak! Build! week is to raise awareness. Act! Speak! Build! is actually a national week that conflicted with our Easter Break so we set the date for April 16," said Wood.

"Unfortunately that was the day after the rain storm we just had so we re-scheduled the building of the shed for April 23," said Wood.

"We like the idea of building a shed because Habitat for Humanity of Coastal Fairfield

County needs them for houses that are on flood zones and therefore have a crawl space instead of a basement and lose storage space," said Wood.

"A shed is also great because it is like building a mini house. All of our materials are donated from the local Habitat affiliate in Bridgeport, however our goal is to raise enough money for the cost of the materials that they gave us, approximately \$600," said Wood.

Every year, Habitat for Humanity does something on campus so that people can be exposed to the program and want to either become involved or just want to know what Habitat has been up to.

For the past two years, Habitat for Humanity has been building sheds on campus.

Before that, they have done things such as painted siding or made walls.

For more information about Habitat for Humanity, stop by the Service Learning Office or email SHUHabitat@sacredheart.edu.



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Seniors excited for Senior Week

Joe Di Guglielmo
Staff Reporter

The end of four years is in sight for seniors and Sacred Heart is providing the class of 2007 with a fun-filled Senior Week celebration.

With so much happening in a short period, it is only natural to feel a little anxious and stressed, especially if you have been caught by a bit of 'senioritis' and decreased motivation.

Seniors must still deal with finals, continue to finish up some last minute work, and work on other final preparations to make sure graduation goes smoothly, all the while patiently counting down the final days of the semester.

"It feels so good, but scary at the same time to be this close to graduation. I've been thinking about this day since I got here and now it's finally come, I can't believe it. It all came and went by so fast, but I'm glad to move on," said Val Bellegarde, senior, East Meadow, N.Y.

"Coming to SHU has been a wonderful experience and I've met so many different people along the way. I'm going to miss being here and all the friends I have made," said Bellegarde.

It offers the student a convenient way to be a part of the celebration without having to worry about preparations.

Instead, it offers a package of five events which will lead right into commencement on Sunday May 13 at 11:00 a.m.

The week starts off the evening of May 9 at 9:00 p.m. with Fat Wednesday, which is SHU's first ever bar crawl.

It will take place in Milford and will include open bar, free food, and entertain-

ment.

Thursday, May 10 will feature two events. First there is a 11 a.m. brunch in Trumbull where students are invited to come toast the Senior Week guest of honor (the recipient of the annual Yearbook Dedication).

That evening, a trip up to Mohegan Sun is planned for 9:00 p.m. for a night of a variety of food, drinks tickets, and vouchers at the casino – making a fun night for all.

The following night, Friday May 11 at 8:00 p.m. is the highly anticipated Commencement Ball, which will include dinner, open bar, and a night full of dancing.

Finishing up the week is an event which takes place in the Pitt Center. It is a dinner dance in which each student can invite up to five family members or friends, for an extra \$35 per ticket.

The evening will include hors d'oeuvres, a buffet dinner, two bottles of wine, a cash bar, and another opportunity to show off your dancing skills.

"Senior Week is different for me because as a member of the Senior Class Board in Student Government, I have been helping to plan Senior Week all year. I'm excited for all the events that we have planned and hope that my fellow classmates will enjoy what we've been working on so hard all year," said Bellegarde.

The Senior Week package, which contains access to all the above events is \$250 (or \$230 if you would rather not include the dinner dance tickets).

However, students wishing to buy

individual event tickets may still do so if space is still available.

Students may also reserve spots for Senior Week housing for an extra \$100, but are limited to a first-come-first-serve basis.

"I am really excited to move back into the dorms and end our college experience where it all began. It sounds like a fun week of planned activities. I think all us seniors are anticipating a good time," said Carissa Ruiz, senior, Oradell, N.J.

"You get such a bittersweet feeling towards graduation. I am really anxious to start the next step in my life, but also really sad to leave SHU and all the friendships and memories I have made," said Ruiz.

Although the experiences and memories made at Sacred Heart might have the best four years of your life so far, a spectacular ending may be just the thing needed to cap off an amazing college career.

Whether you are going right into a dream job, continuing to graduate school, or simply not sure of your plans just yet, seniors will certainly not want to miss out on Senior Week and making some final school memories to last a life time before moving onward.

"We've all spent the last four years working so hard, making friends, and trying to figure out what we want to do for the rest of our lives and now there is less than three weeks left, so we need to make the best of the short amount of time we have left – we're seniors, get out of our way," said Bellegarde.

Ciao, from Italy



Jenna Rignanesi
Features Columnist

My gorgeous Roman holiday is weeks away from ending and I am sad to see it go.

Stepping out of the train car in Sorrento, I smell the salty air as a surprising warm breeze fills me up from head to toe.

The town's people were bustling about buying giant chocolate eggs, cakes and flowers.

A rigorous walk up a winding narrow road laced with lemon trees leads to our hostel.

Exploring the quaint town is relaxing and easy.

The sea and its natural surroundings are the only sight seeing spots, but they speak volumes on their own.

A ferryboat takes us 20 minutes off the coast to the delicious island of Capri.

My adventurous side allows me to plunge through a small hole by canoe, into the Blue Grotto, a neon blue cave in the side of the rocky island.

After seeing one of the Seven Wonders of the World, I prepare for Easter Sunday's festivities.

Easter morning felt different. There were no chocolate bunnies, Easter egg hunts, or families.

Barking wild dogs beneath the window, and a forest of lemon trees are all we can see and hear.

We walked down to town hoping to travel more of the coast.

An open aired bus winds down and up and down again through the citrus hills.

The road narrows and the vast sparkling water wraps around the bus like a giant blue pashmina scarf.

I feel as though I'm on the edge of the world, and I've finally reached it's prettiest spot.

The bus slowly comes to a stop. Positano, a small sea village with layers of colored houses mixed with flowers spreads down to the ocean like a beautiful blanket.

This is a sight I will never forget. In this moment, I am happy.

Thank you for reading and being a part of my experiences here in Italy. It has been my pleasure to write for the Spectrum and truly thank you all for tuning in each week.

I hope that I have given you an insight into what it is like to study abroad. If you have the opportunity, I would recommend it. Ciao!

Cancelled Mississippi trip is back on

Jennifer Spinelli
Staff Reporter

Small steps make a big difference.

But when the recently annual trip to Mississippi was on the verge of being cancelled, Habitat stepped in and supplied housing for the group giving their time to help support Mississippi.

"Our first time commitment was to help local parishes and wanted people to know they were not forgotten," said Dr. Shirley Pavone of the Psychology Department.

"We did what we could including helping with debris removal and construction," said Pavone.

According to Pavone this years' trip to Mississippi will be different than previous years, because this is the first time they are working through a Habitat program in Biloxi Mississippi.

St. Rose of Lima was originally supposed to accommodate students and faculty this June but the situation changed since the plans were made.

Originally, in December they wanted five skilled workers to every four unskilled workers.

The parish found out that they needed more skilled workers than that which caused the trip to be cancelled.

Miguel Colon, Megan Wood,

Margaret Casey and Phyllis Machlett in the Service-Learning Center worked hard to find the group housing in Mississippi so the trip wouldn't be cancelled.

"To someone who was thinking about going I would say stop thinking and go. There's no way that you could regret going. Not only does it look great that you volunteered on your resume. It is a life changing experience that you will keep for you for the rest of your life," said Steven Wrinkle, senior, Medford N.Y.

The people involved wanted to help but did not have the resources, so they made rag dolls, which were sent down and given out to people in the area.

The rag doll affected one lady in particular, who lost her daughter to Sickle Cell Anemia previous to the flood.

Her daughters' favorite doll was made of rag and lost in the flood so getting the new doll gave her hope.

"Needless to say this might have been one of the best decisions of my college career. Those two weeks I spent in Mississippi have changed me forever. I appreciate my family, my life and my possessions so much more," said Wrinkle.

"People down there have lost everything. The only things they had after the storm was the clothes they wore and their family. It shows the importance of the people that you have around you," said Wrinkle.

"Once you're there it will never leave you. We want to see some closure to the suffering our friends in Mississippi are enduring," said Professor Gregory Golda, Media Studies Department.

"We hope our efforts make a difference and we want people to know that although the media spotlight has moved on the people are still struggling in the aftermath," said Golda.

"I didn't start anything. I simply gave the tremendous effort I saw the students putting forth a name," said Golda.

"There were so many stories to tell of the people we met that we were trying to chapter out the story. The many hands of the students and other volunteers from all over the country pushing back this horrible wave became obvious," said Golda.

To donate to the cause you can go to www.pushingbackthewave.com.

Sports

Weekend Scoreboard

Friday, April 20

Baseball

LIU - 0
SHU - 10

Women's tennis
NEC Championship

SHU - 4
FDU - 2

Saturday, April 21

Baseball

LIU - 1
SHU - 3

Baseball

LIU - 2
SHU - 8

Softball

FDU - 1
SHU - 8

Softball

FDU - 3
SHU - 6

Women's tennis
NEC Championship

SHU - 0
Quinnipiac - 4

Men's lacrosse

SHU - 9
Delaware - 12

Sunday, April 22

Baseball

LIU - 1
SHU - 6

Women's lacrosse

SHU - 17
CCSU - 10

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Spehar uses role models for success

Alyssa Iannotti
Staff Reporter

Megan Spehar, who recently won the Enterprise athlete of the week, has played a big part in Sacred Heart University's women's softball Team.

Pioneers junior pitcher Spehar from Thousand Oaks, Calif. recently threw a four hitter with 10 strikeouts and scored four runs of her own against Fairleigh Dickinson on Saturday. Spehar allowed only one run to bring in the Pioneer victory.

Spehar, a junior at Sacred Heart University, started playing softball at the age of five, but is not the first person in the Spehar family to play softball. Spehar is currently in her third season and a starting pitcher for the Pioneers at SHU.

"Both my older sister and my younger sister used to play softball when we were growing up and I was even on a few teams with them," said Spehar. "My mom played slow pitch softball and I used to go to her games and my dad played baseball so they were big influences on me being introduced to the sport."

Besides being a starting pitcher on the Pioneers, Spehar has played on many other teams as well.

"I used to play on recreational teams when I was younger and then started playing on travel teams. My first travel team was Stealth I started playing in 12 and unders and was on that team for about two years," said Spehar. "I then played on Summertime Blues for about a year, Bullistic for about a year, and then played on the Jets for about

two years. I also played on my high school team at Thousand Oaks."

Besides winning the Enterprise Athlete of the Week, Spehar won NEC pitcher of the week her sophomore year and athlete of the week freshman year as well. She was also named to the 2004 Daily News City All-Star team.

"There were many factors that influenced my decision to come to SHU. I was a little timid at first coming all the way across country but the fact that I has played with one of the girls on the team before and knew that there were a couple girls from California on the team it made it more reassuring that I could handle the distance," said Spehar. "The idea of living on the other side of the country also influenced me. I knew that it would be a great opportunity to see what the east coast was like and to be able to go places that I had never been such as New York. I found out that my pitching coach used to play with the coaches which also made me feel more comfortable about the decision. I liked the campus and the fact that it was a small school."

With every athlete comes a great role model and big fans. Spehar has a few.

"My role model for pitching has been my pitching coach she was an outrageous player from what I have heard and has already made it into a few hall of fames in our area, said Spehar. "My parents have been my other role models they have taught me a lot about life and a lot about softball. I am

the person I am today because of them. My parents are the people I have aspired to grow up to become."

"I would say that I have two biggest fans. Both my parents have been behind me my whole softball career and the ones who I could say have been my biggest fans. They were at every game that they could go to and were always in the crowd cheering me on. Even though now I'm so far away I can still imagine them cheering me on," said Spehar. "They are the first ones I think of when I succeed and the or even if I fail. They are the ones who picked me up through my hard times or slumps and have given me the courage to keep practicing and to keep trying my hardest. They have put a lot of time in to traveling and bringing me places to play and have supported me the whole time. They are the ones that have believed I could make it this far and that's why they are my biggest fans."



Women's tennis places fourth in NEC's

Gabrielle Castellana
Staff Reporter

The men and women's tennis teams at Sacred Heart competed in the Northeast conference championships this past weekend. The men finished eighth while the women finished fourth.

The women's team faced nine other teams and the men's team faced eight other teams. The defending champion for both men's and women's teams was Quinnipiac.

"The competition is good and the teams in the NEC conference are very good," said Matthew Cook, sophomore, Milford.

The women's team made it to the semifinals on the first day of the tournament. They seeded fourth and beat the fifth seed, Fairleigh Dickinson with a score of 4-2.

Ashley Amalfe, freshman, Clark, N.J., Julianne Kasinow, freshman, Wall, N.J., and Mandy Finkelstein, sophomore, Portland, all won their singles matches in the competition against Fairleigh Dickinson.

Kasinow and Amalfe then

teamed up in doubles and won with a score of 8-4. Finkelstein and Jessica Schnell, junior, Schenectady, N.Y. also teamed up to get doubles points when facing FDU.

On the men's team, Chris McDonnell, senior, Naugatuck, Kevin Guidici Pietro, senior, Mountainside, N.J., Cook, and Jason Farhadi, junior, Sauderstown, R.I., all won their singles matches on this first day of competition as well.

Guidici Pietro and Cook teamed up for doubles along with Farhadi and Kevin Pustelniak, freshman, Stockholm, N.J. who also played doubles together. Sacred Heart won both of these matches.

The men's team beat out St. Francis, but lost to Fairleigh Dickinson who is the top seed team in their division with a score of 5-0.

"We had a tough season. It was a rebuilding year for us but we kept our heads up and didn't let it bother us. Playing the num-

ber one seed in the first round is a challenge but there have been upsets before," said Mark Maleri, junior, Seymour.

"It was a pretty good tournament for all three matches considering how tough this season has been for all of us so far. We won our play-in match convincingly over the 9 seed, St. Francis, 4-1. We ended up losing 4-0 to FDU but as a team I felt our effort was much better and it showed in a few of the matches," said Farhadi.

On the second day of the tournament the men's team faced the number five seeded team which is Mount St. Mary's for a consolation match. The women's team faced the number one seeded Quinnipiac.

"The women's team won our first round match verse FDU. We will be playing Quinnipiac in the semis. During the year we lost to Quinnipiac 7-0 so it will be a difficult match," said Pam Pillo, senior, Shelton.

The women's team couldn't

pull it off in the semifinals when it came to trying to beat returning champion Quinnipiac but the team still came very far.

The men's team couldn't do it either, and lost to Mount St. Mary's in the consolation match.

"Our team is young this year, with a couple senior leaders. Injuries have been an issue with the top two players, including myself. Competition is tough but we will end the year on a good note," said McDonnell.

The men placed eighth out of nine places and the women placed fourth out of ten.

"Deciding to play tennis for SHU was one of the greatest decisions I have ever made. Coach and all the girls are amazing and I wouldn't want to be part of any other team. This weekend's tournament was a lot of fun. In all we played really well and you couldn't have asked for a better end to the season," said Amalfe.

Men's lax knocked out

Chris Armellino
Staff Reporter

The Sacred Heart men's lacrosse team lost to Delaware this Saturday as senior All-American Alex Smith led a 12-9 offensive onslaught against the Pioneers which knocked SHU out of the play-off contention.

The Blue Hens dominated most of the game, building a 3-1 lead in the first quarter, and going into the second with a 7-3 lead. At the forefront of UD's offense was Smith, who scored a career-high of three goals and won 19 of the 24 face-offs. The Blue Hen star holds the record for career face-offs, and proved to be a fierce obstacle for the Pioneers.

Although they struggled with an aggressive offense for the most of the game, the Pioneers did not go down without a fight, managing to cut 8-3 deficit to 9-7 with 11:35 to play. Senior Mike Collins of Auburn, N.Y. and Jon Flood, of Hauppauge, N.Y., each scored goals early in the second half to loosen the Blue Hens' lead. Nicholas Russo, of Linden Hurst, N.Y. and Greco each managed a goal in the fourth, but 12-9 would be as far the Pioneers would get.

The Pioneers are optimistic though, despite being eliminated from the Colonial Athletic Association.

"We're on the right track," says Russo. "Some of our guys are graduating, but we still have the main components for next year."

Delaware out shot the Pioneers 51-31 and held a 42-34 advantage in groundballs. Tony Tanzi, of Mahopac, N.Y. and Bobby Karl, of Clifton Park, N.Y., were assets to the Pioneer's attempt, each scoring goals to break up the large deficit created by the Blue Hens.

The year in review....

Well its official. Spring has finally arrived after a five week delay and the last issue of the Spectrum is upon us. It has been a great year in sports, filled with its fair share of ups and downs. Here are some of the headlines that grabbed the attention of the sports world, both college and pro, since our first issue in September.

Duquesne men's basketball- With the 2006-07 school year just beginning, the entire Duquesne campus was shook when five of its men's basketball teams members were shot outside of the schools student union. Fortunately, all of the men pulled through and did play in this year's basketball season.

Oh, when the Saints come marching in- A year after their home city was decimated by Hurricane Katrina and finishing with a record of 3-13, the New Orleans Saints had it bad. Rumors swirled about the team moving permanently to San Antonio and the team looked like it was headed for another dismal season. That all changed when the Saints took the NFL by surprise, by finishing 10-6 and falling one game short of the Super Bowl. It was in one of the best feel good stories the NFL has had in years.

The St. Louis Cardinals win the World Series- After a season in which they only finished four games above .500, the Cardinals went on a tear in the playoffs, including a seven-game series win over the heavily favored New York Mets in the NLCS. Then led by SS David Eckstein, the Cards took down the Detroit Tigers in five games to win their first World Series title in over 20 years.

Sidney Crosby revives the NHL- It's not everyday that a 19 year old takes a league by storm in his second full season. Yet, Sid-the-Kid has done it. Crosby led the league in points with 120 and has become of the face of a league struggling to get back its identity.

The loss of a teammate and friend- On Nov. 7th, tragedy once again stuck a college team.

Bryan Pata of the Miami Hurricanes was gunned down outside his apartment. Pata, who was expected to be picked in the upcoming NFL draft, was a main cog of a run defense for the Hurricanes that ranked tops in the nation. The case still remains unsolved.

Say it's great to be a Florida Gator- Florida University has had a great year, thus far. In January, the Gators pulled off a huge upset over Ohio St. to win it's first national title in ten years. Then its men's basketball team won its second national title in a row, becoming the first team to repeat since Duke did 15 years ago. Both teams again beat Ohio St. in the title game.

A-Rod starts off the season on a tear-

After a dismal playoffs for the Yankees in October, Alex Rodriguez has been one of the few highlights for the Bombers this year. Through Monday's game against Tampa Bay, he is batting .400 with 34 RBI's and 14 home runs which is the best start for any player in the history of baseball.

Virginia Tech- In a story that isn't sports related but has affected colleges all over, the tragedy at Virginia Tech is one that stands out above all the highlights of the school year. After 33 people were killed in a horrific act of violence it is safe to say that at one time, this country came together and we were all Hokies for one day.

So that's it ladies and gents. I hope you have enjoyed this year as much as I have. Congratulations to all the graduating seniors especially my fellow Spectrum staff members: Pat Pickens, Jackie Hull, Jacque Boothby, Johanna Prentki, Brittany Raine, Theresa Vosilla, Ashley Bonora, and Elyse Harrell.



Mike Barrett

Spectrum Columnist

DUGOUT REPORT

Pitching helps baseball sweep LIU

Jay Gagliardi
Sports Columnist

Sacred Heart's baseball team comfortably completed a four game sweep of Long Island University over the weekend outscoring the Blackbirds 27-4 in the four games.

The Pioneers entered the weekend series after suffering a 12-4 loss to Massachusetts on the 18, but there were no signs of a defeated squad.

Senior right-hander Chris Howard took the mound for SHU on Friday. Howard threw a complete game shutout, allowing only six hits and six walks. Howard pitched seven more innings than LIU's starter on Friday and only gave up one more hit.

Meanwhile, the Pioneers offense had something to prove as well, in front of their home crowd of over 250 at Harbor Yard. SHU put up 10 runs behind a powerful, balanced offense.

Four Pioneers went 2 for 4 including senior slugger Jeff Hanson who brought his average up to .420 on the season.

LIU struggled defensively because of three errors, and giving up 13 hits. It was bad enough that LIU got completely shut out on Friday, but it had to return the next day only to face the Pioneers number one starter

Jay Monti.

Monti, who has an ERA of less than 1.00, pitched seven innings of baseball for SHU on Saturday, allowing just four hits and no earned runs. Monti pitched the Pioneers to their second consecutive win and got SHU back to their winning ways.

Jeff Hanson and Justin Mulrain had solid games offensively for the Pioneers with two hits each and a couple RBI's.

The Pioneers headed into the second game of their doubleheader with the confidence they needed and were able to take game three from LIU as well.

Game three of the four game set was much like the first, a lot of offense for SHU and virtually none for LIU.

Meriden native Rob Tencza pitched seven innings on Saturday night, giving up six hits, and two runs.

Another game of balanced offense saw three Pioneers with at least two hits and at least two RBI's.

While LIU was trying score more than one run per game, the Sacred Heart pitchers were having a personal battle as to who could pitch the best game.

Freshman Jared Balbach started game four for the

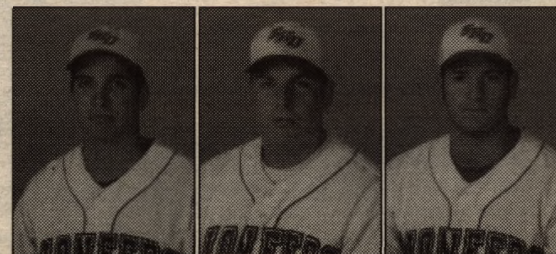
Pioneers and to no surprise only gave up four hits and one run.

There was one difference for the Pioneers on Sunday. They actually used a relief pitcher. George Lamar closed the game for the Pioneers, pitching two innings of one hit, no run ball.

Offensively for the Pioneers, eight of the nine batters that saw pitches got on base with a hit. Leading the way for the Pioneers was third baseman Steve Tedesco.

With their four game sweep of conference foe complete, the Pioneers look to continue their hot play of late as they travel to Maryland tomorrow to face Mount St. Mary's.

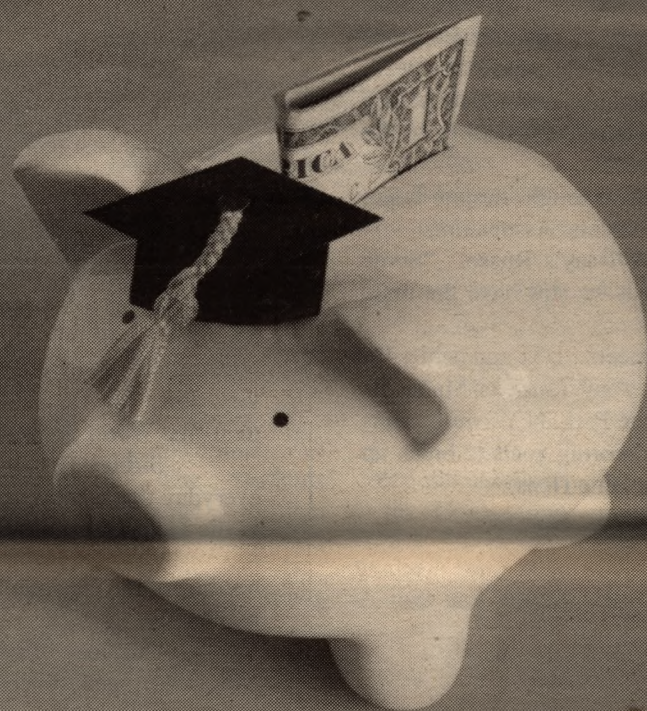
The Pioneers have won seven of their last eight and all the pieces seem to be fitting at the right time.



Sports

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Women's lax enters NEC's

Erin Howard
Staff Reporter

SHU's women's lacrosse closed its 2007 season with a 17-10 win against Central Connecticut. This win clinched the Pioneers' spot in the Northeast conference tournament and ranks them the third seed in the playoffs for the second straight year.

Senior Brianna Bubeck, Bethlehem, N.Y., led the team with four goals and three assists. Leading both teams with 36 goals, 15 assists and 51 points for the season, Bubeck has certainly been an asset to the team's achievements. She paced the Pioneers with five draw controls and senior Maureen Hohn had a game-high six ground ball controls. Taking the glory from the Blue Devil's Senior Day, it was the Pioneers seniors that rose to the occasion and dug up the win.

After Central's lead attackman, Julia Steier's, opening goal, the Pioneers went on an 8-1 run. Out-shooting Central 23-8 while breaking 14 of the Blue Devil's 16 clear attempts, it was Sacred Heart that dominated the first half.

With four goals in less than 20 minutes, junior Katie Salamone was all over the field being aggressive and persistent.

In addition to Bubeck's and Salamone's clutch plays, Mary Montesarchio added two goals and two assists to her final totals. Junior Liz Ottey scored two goals and fired three assists, one to an open Meghan McCaffrey for her first goal of the game.

"The win was a total team effort. We all feel really confident going into the tournament. Take it all home," said Montesarchio, Cortlandt Manor, N.Y.

After falling behind 17-7, Central Connecticut scored the final three goals of the contest.

The Pioneers have won every meeting with the Blue Devils since the 2000 season, four at home and three in New Britain. Sacred Heart finished with an NEC record of 5-3 while Central ended at 1-6.

The NEC Tournament will start tomorrow and continue Sunday, April 29 at top-seeded Mount St. Mary's. SHU will battle it out against second seed team, Monmouth University.

"We want a championship and are doing everything we can to get bring it to Sacred Heart," said Williams.

All good things come to an end

So here we are, four years later. It seems like just yesterday that I walked into the doors of Sacred Heart University as a scared, wet-behind-the-ears little 18-year old, living in South (not Seton) Hall room 601.

And now this is the end. Dunzo, kaput, my last ever column or article for the Spectrum.

A lot has changed over the course of four years. I've witnessed a jump to local prominence by men's basketball, a jump to national prominence from baseball and women's basketball, and other successes from individual athletes like Payam Zarrinpour.

There is an old saying that contribution to an organization can be defined by if he or she leaves it better than how he or she found it. In my case I was fortunate to come into Sacred Heart at a time when my entire class could benefit this university so much.

So with this being my last column, I figured I would use this space to thank some people and speak openly about what SHU has done for me.

First off, I'd like to thank my family. Without my parents and sister, Meg, I would not have the support and resources to succeed the way I have. Don't ever take family for granted, because they can be here and gone in an instant.

I'd like to thank my best friend Jim Daly, my co-editors and also great friends, Brian Fitzsimmons and Steve Conoscenti, and the other editors of the paper and our advisors Debbie and Cindy. Without all of you, I would not have the opportunity to do what I love to do, which is write.

I'd also like to thank Kristin, Bobby, Steph, my roommates and everyone else who has supported and helped me, especially this past year. Without all of you I would have little to nothing at school.

I'd like to thank everyone in the Pitt Center, especially Brendon and Bob in the equipment room who made my four years working SHU sports bearable and enjoyable even in times of frustration and annoyance.

I'd like to thank all the terrific SHU athletes and coaches. The one's who gave me a minute, a quote, or went out of their way to help me. It has been a pleasure

watching all of you work and perform. You have all helped make my job a lot easier.

Finally I'd like to thank all of you, my readers. Without you, this entire column and space would not be meaningful at all. I appreciate the feedback and help that everyone has provided me. I hope I have been able to serve all of you well and entertain you also.

I'd like to take a minute to apologize. If there has been anyone that I have hurt, physically or mentally or emotionally, I'd like to apologize now. I have done a lot over four years, and it hasn't pleased everyone. If I've ever done anything to you, I'm sorry.

Also, as my friends know, this wouldn't be a proper send-off from me without a bit of wisdom.

First off, I'm thankful for of the feedback and even criticisms for the newspaper. I understand that the paper has flaws and errors, but we try our hardest on a weekly basis to put out an entertaining, thought-provoking and important newspaper. We are students like everyone else and we are doing the best we can.

Secondly, don't take Sacred Heart for granted, soak it all in. Don't take a day for granted. And most importantly, appreciate what this place has to offer. Sacred Heart has offered me four of the best years of my life. It has given me the opportunity to excel and succeed, and I love this place as much as I love anything else in my entire life. Sure it isn't the greatest run place, nor is it the most convenient place of all, but it has done wonders for me, and if one can open his or her mind, I'm sure it could do the same.

But for now, that's all.

Goodbye and good luck Sacred Heart. You've been better to me than I can even say.



Pat Pickens
Spectrum Columnist

What is SHUpremacy?

Pat Pickens
Sports Columnist

As many Sacred Heart students happily went along their lives on Monday afternoon, at one point they received an email about a "battle for SHUpremacy coming in October, 2007," from a Prof. Joshua Shuart.

Upon further investigation, it appears that Shuart has come up with an idea that both the campus and his many sport management majors can rally behind.

In 2003, Shuart challenged basketball players Omar Wellington and Justin James to a shootout contest, which was held at the Outpost pub. Shuart went on to defeat James, but lose to Wellington by a slim margin. This year, Shuart has his sights set a bit higher.

"I've challenged Drew Shubik to a shootout coming in October," he said. "I have him in a lot of my classes and he's always strutting around like a peacock thinking he's the king of SHU."

The event will be a whole night of events, but is still in the planning stages. The main event will consist of Shubik and Shuart competing in a few basketball related events such as speed shooting, foul shooting, and HORSE.

Despite the fact that Shubik is a Division I basketball player, who has even gotten national exposure on ESPN, and Shuart is just the assistant chair of Sports

Management at SHU, there are many similarities between the two. Both men hail from Pennsylvania, and Shubik is 6'4, Shuart is only an inch shorter than Shubik and both played basketball in college. Shuart even has something that Shubik doesn't, which is a nickname.

"They call me the Pennsylvania python," Shuart said. "Because I can strike from anywhere."

But the most obvious similarity is the obvious S-H-U in the first three letters of their respective names. Shuart says is a major reason behind the challenge is to settle who is the really the king at SHU.

"There is only room for one SHU at SHU," Shuart said. "And wild west style, we're going to end this in a shootout."

And what was Shubik's response to all of this?

"When I beat him everyone is going to think that he is past his prime," the junior Sports Management major from Stoystown, Pa. said. "But I know that he never really had a prime."

Fun wagers still need to be ironed out, and the events need to be finalized, but fans of basketball, and a fun time, will need to mark calendars for October 2007, and we will all see who will reign supreme at SHU.



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SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

FOUR OF A KIND

Jay Gagliardi recaps how SHU pitching dominated in a four-game sweep of LIU.

Rob Tencza was one of four pitchers this past weekend to shut down the LIU lineup.

The Spectrum/ Elyse Harrell



BRINGING THE HEAT

Megan Spehar has impressed many with her pitching.

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TOURNAMENT TIME

The women's lacrosse team is geared for the NEC playoffs.

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